UCLA Press

Umpqua College Late Afternoon

Vol. I No. II **June 2, 1975**

Assertive Training Workshop Held In UCC Lounge

Do you shy away from initiating conversation with strangers at parties? Are you generally uncomfortable when you encounter situations involving interpersonal relationships?

If you answered affirmatively to these questions, don't feel alone, because many people experience difficulty in such situations: however, such difficulty is not necessary.

In order to stand up for yourself without anxiety, to express yourself comfortably, you must not be too aggressive and, yet, not too shy--you must be assertive.

To be assertive is to be confident and capable in dealing with interpersonal relationships without creating negative impressions.

To teach people the concept of assertiveness, Doctors Susan Gilmore and Patrick Fraleigh conducted an Assertiveness Training Workshop in the Umpqua Community College student lounge, Thursday May 22.

Beginning at 9:00 a.m. Doctors Gilmore and Fraleigh, a well known husband and wife psycholist duo, introduced the assertiveness concept to a capacity crowd.

Makes A Difference

Assertiveness can be a big asset. "Assertiveness skills are an important thing to acquire," stated Dr. Gilmore, who is currently Associate Professor of Education in the University of Oregon Department of Counseling. "The (people) become more skillfull."

Sponsored by the UCC Community Service Committee, the workshop lasted until 3:30 p.m. The audience was attentative and actively participated in question - and - answer sessions.

"It's really applicable to all people," said Dr. Fraleigh of the assertiveness concept. Fraleigh is a Counselor/Instructor at Lane Community College in Eugene.

The workshop program, provided free of charge, also featured skits, demonstrations and informal conversation. Doctors Gilmore and Fraleigh offered examples of practical application of the assertiveness concept.

"It's so practical . . . it's closest to common sense," said Dr. Fraleigh, adding, "You don't need an intellectual to understand the principles. It really does make a difference in everyday life."

Work Together Alot

"We work together alot," said Dr. Gilmore of the husband and wife team. The two have taught many Assertiveness Training Workshops for Oregon colleges and various agencies concerned with personal development of their clients.

Dr. Gilmore, as did Fraleigh, received her Ph.D at the University of Oregon. She has visited UCC once before ... "A workshop in Career Planning about three years ago," said Gilmore.

In 1972, Dr. Gilmore established the Leona Tyler Center in Eugene and engaged in private practice at the center. Dr. Fraleigh joined the center in 1972.

"There aren't many husband and wife teams who work together as peers," said Dr. Gilmore, who is a native of Baker, Oregon. Fraleigh was born in Vancouver, British Columbia.

Besides earning his Ph.D. in Counseling Psychology at the U of O, Fraleigh also received his Masters Degree at the university. Gilmore has performed several research projects while at the U of O and she is the advisor to six full-time doctoral students.

Attending OSU?

Former Students Give Suggestions

If you are planning on attending Oregon State University next year or at some time in the future, former Umpqua Community College students now attending OSU have some helpful suggestions for you.

Approximately 25 former UCC students met with UCC representatives Jim West, Director of Activities, and Chuck Plummer, Dean of Admissions, in the Memorial Union on the OSU campus May 12.

As a result of this meeting, UCC's representatives procured a list of helpful suggestions from the former students. The list is as follows:

1) Oregon State students revealed that final tests at the university cover a larger range of studies encompassing a longer time period of work as compared to UCC.

2) In the college's business department, a sequence in Psychology is not required but it is adviseable to take a sequence in General Psychology at UCC if you intend to enroll in the School of Business at OSU.

3) Former UCC students noted that the UCC math department provided them with a good understanding of mathematical concepts. At OSU, however, math tests are closed book and notes. Subsequently, it is adviseable to know Calculus formulas when enrolling at OSU.

4) Former students now attending OSU felt that they were well prepared in the humanities field having taken a full sequence in English Composition at UCC.

5) Oregon State University is much larger in size than UCC. Some former students were awed at first contact with the OSU Campus.

6) Students at OSU must pay for all field trips in some classes. It is possible that as much as $200 per year may be spent on field trips alone.

7) Former students advise that after you receive your class schedule, you should locate your classes to eliminate confusion on first day of classes.

8) It is adviseable to take notes during lecture sessions. Alot of lecture material is contained on tests and the lecture material may not be contained within text books.

9) Some former students expressed problems in learning to listen to foreign speaking instructors at OSU.

10) Jim West possesses a list of students now attending OSU who are willing to help incoming students orient themselves with the campus and procedures. If interested in having a student help you orient yourself with the OSU campus, see West.

11) The number one source of information on the OSU campus is the student newspaper.

12) If you're planning on attending OSU, it is not too early to seek housing. Former students noted that housing is expensive.

13. The OSU bookstore is a coop. If you become a member of the coop for the required 50c fee, you can receive dividends at the end of the year.

14) It is adviseable to make early applications for dormatories at OSU.

15) There is an established informational service office on campus where a wide range of information can be obtained.

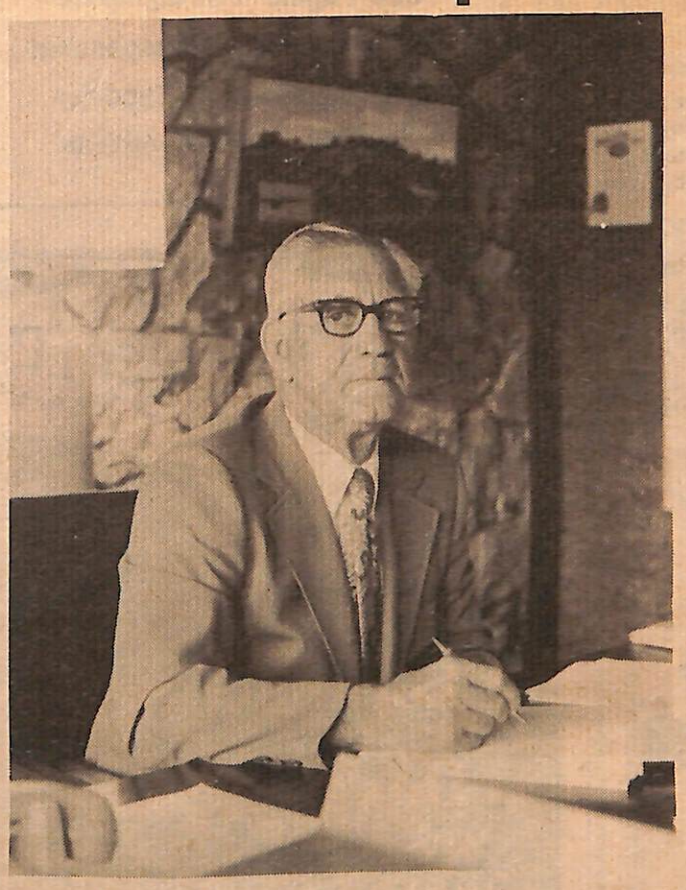
Adult Education Has Its' Name Changed For 1975-76 School Year

Adult Education had its named changed. It has become Community Education, and rightly so, for Community Ed. is the Dept. that prepares citizens in the local community to cope with life and its problems. Folks learn new trades, how to do jobs around the house or farm, or equip themselves to better do the job they have.

The fall term had 1,529 registered, winter term 1,232, summer term 1,284, that is a total of 4,045 local people who took advantage of the educational facilities in the Community Education Dept. at Umpqua Community College during the 74-75 school year.

From Administrative Viewpoint

Accomplishment And Frustration Highlight 1974-75



Harry Jacoby

As far as accomplishments go, the 1974-75 academic year at Umpqua Community College has to be termed a successful one from an administrative point of view.

To name a few of the major achievements, there was the completion of the 1974-75 Accreditation Report; there was good student enrollment during the year; and student attitude was good.

"The major one (goal) that we really set out to achieve and we did achieve ... was our accreditation report," said college President Harry Jacoby, adding, "The report is good."

On May 6, 7, and 8, an accreditation team visited the college and examined the many facets of the college's functions. After completing their visitation, a report was comprised.

On the whole, the report was quite favorable, but as Jacoby pointed out, "There are alot of little nitty-griddies that need to be done."

Specifically, Jacoby, who will retire upon completion of the current school year, sighted the need to ensure student transference to the college of their choice.

As mentioned, student enrollment and student attitude were also major areas of success in 1974-75.

"When you talk about students," said Mr. Jacoby, "I'd say it's been great. "We've got lots of students enrolled, this is always a good feeling."

Financial Frustrations

Most colleges have experienced financial difficulties as of late, and UCC is no exception.

"If you talk about the business side, budget wise, I've had to be a meany quite often and say 'no' " said Jacoby. "Financially, I've had to keep turning them (people asking for money) off, but I've just had to do it."

Despite the financial problems, Jacoby sighted yet another area of accomplishment this year: the projection of the number of students for the next bienium is complete.

Jacoby Must Adjust

"This year has been kind of a frustration--it's kind of like a guy moving," said Jacoby who has been preparing to step down from his post for nearly a year.

In order to explain the difficulty he has experienced in trying to keep things in order, and, yet, continue preparation for his departure, Jacoby used an analogy.

"When a guy is going to move out of his home, well then, you kind of shove it aside--and this has been pretty hard for me to do because I've been here quite awhile and I just think that Umpqua is a pretty nice place," said Jacoby.

Even despite the little frustrations encountered this past year, overall, 1974-75 proved to be a successful year, and, as a result of planning, the changeover in administration should take place without major difficulties.

Student Activities Made 1974-75 'Very Good Year'

by Todd Adams
UCLA Press Editor

From the standpoint of activities for the student body, the 1974-75 academic year at Umpqua Community College was "a very good year" according to Vice-President in Charge of Activities, Dorman Ledbetter.

"I think we got more students involved in participating in activities," stated Ledbetter. He added, however, "We had a problem getting rock concerts.

"I think it was a trend of the times," said Ledbetter, "they were getting to cost too much."

Despite some set-backs such as not being able to arrange rock concerts, Ledbetter feels that his primary objectives for the year were generally achieved.

"The main thing I wanted to do was to get more students getting the benefits of student government" said Ledbetter, who is currently working in the college book store while Bob Tomasovic, store manager, is away.

Did Ledbetter and his fellow elected officials achieve their goal of increased benefits for the student body?

"I think we did," stated Ledbetter with certainty, adding, "Jim Bars (the Student Body President), I think, felt the same way I did (about making student government work for the students)."

Eliminate Selfishness

Every year the associated student body governments of Oregon's community colleges schedule conferences. It costs money to attend these conferences -- money which could be used for the benefit of the students according to Ledbetter.

"One of my main goals was to spend more of the student government money on the students instead of on ourselves," said Ledbetter in a determined voice.

For the most part, added Ledbetter, the student government officials agreed with Ledbetter's viewpoint that the students should be reaping more benefits of student government.

Although Ledbetter feels that the student government did cut back on unwarranted expenses in order to spend more on the students, he also feels that the student government could have used some more money to spend on the students.

"I feel that the student council should have gotten more money," stated Ledbetter, "because we could have spent the activity fee money."

"I also felt that the students needed more breaks," continued the student representative. He listed, for example, the student's need for a few more activities and the need for lower prices in the book store and cafeteria.

Emphasis On Clubs

Another of Ledbetter's primary goals was to place emphasis on the formation and continuation of clubs on campus. "I tried to form new clubs during the year," said Ledbetter.

As a result of the emphasis placed on clubs, several new organizations were formed during the year.

Even though Ledbetter and his cohorts tried to get more student interest in activities and student government in general, Ledbetter felt that interest could have been better.

Why the student apathy on campus?

"The size of the college and the type of high schools the kids come from," said Ledbetter in reference to a probable cause for lack of student interest. "I don't think they are prepared for college."

Council Needs Freedom

"I would like to see the student council be more independent," stated Ledbetter. In that way, said Ledbetter, the student council could work better for the benefit of the students.

For Community Service Committee

Year Comes To Culmination

By Todd Adams
UCLA Press Editor

An outstanding year of community service is coming to a culmination and plans for another year of exciting community service activity are in the offing according to Jim West, Director of Activities at UCC.

Ending the 1974-75 academic year, the UCC Community Service Committee headed by Jim West has made some recommendations for next year's community service activity.

The first recommendation by the committee, which is comprised of UCC staff, students and community members, involved the committee's affiliation with CAPES, a booking agency which arranges for speakers and performers to come to UCC.

"The committee has decided to stay with CAPES next year," stated West of the recommendation. As a result, the committee has already booked Euell Bibbons, C.R. Guest, and Dean Caldwell as performers next year.

Movies To Continue

As for the second recommendation, West reported that the committee has determined to continue with community service movies next year. There are 12 scheduled movies.

"We're going to go back to some of the classics," said West of next year's movie list. This year's final community service movie, "Tabacco Road", was held May 23.

Also, concerning noon hour movies for the student body, West said the UCC student government would sponsore a different type of noon hour movie series if so wished by the students.

The third recommendation by the committee involved a recommendation to the school board concerning the placement of art displays. And, the fourth recommendation involved a proposal for a different basis of rental of the auditorium.

This past year, the auditorium was rented on a flat fee basis. The new recommendation proposed rental on a per hour basis next year.

Responsive To Faculty

UCC faculty members wishing the committee to sponsore specific activities found that the committee was more responsive this year to their proposals.

"We've been more receptive to faculty members who wanted us to sponsore community service activities," said West. For example, in coordination with the art department, art displays were exhibited in the student lounge.

"Another area that I have been working on is a Publications Board," said West. The Board will act in an advisory capacity concerning student publications and student government election procedures.

On May 18, the board held its first meeting, and probably its only meeting of the 1974-75 academic year at UCC. Professionals involved in newspaper publications from the Roseburg community were sought as members to the board.

Warren Strycker, of The Shopper-News, and Dick Kerruish of The News-Review are members of the board. Chairperson of the board is Mr. West.

Also in attendance at the initial meeting was Seabron Calhoun, advisor to the UCLA Press, and his wife, Willard Aldrich, head of the English Department, Harry Jacoby, college President, Joe Brumbach, former Press Editor, Todd Adams, current Press Editor and Barbara Keller.

Johnson Speaks

Dr. Bob Johnson of the Umpqua Community College Psychology Department presented a discussion on the "behavior modification" approach to obesity, Thursday, May 29 in the Campus Center.

Sponsored by the UCC Community Service Committee, the discussion was open to students, faculty, and the general public.

UCLA Press Staff

Todd Adams--Editor
Dave Schatz--Business Manager
Janis Clark--Copy Editor
Kathy Martin--News Editor
Doc Hauser--Adult Education Reporter
Mary Bailey-- Artist and Advertising
Cliff Ahrens--Photographer
Joe Fugate--Photographer
Dawn Cottrell--Correspondent
Cheryl Mardock--Reporter
Seabron Calhoun--Advisor

Sporting Goods

Fishing Season's Now Open
Get Your Fishing Licenses
At Payless

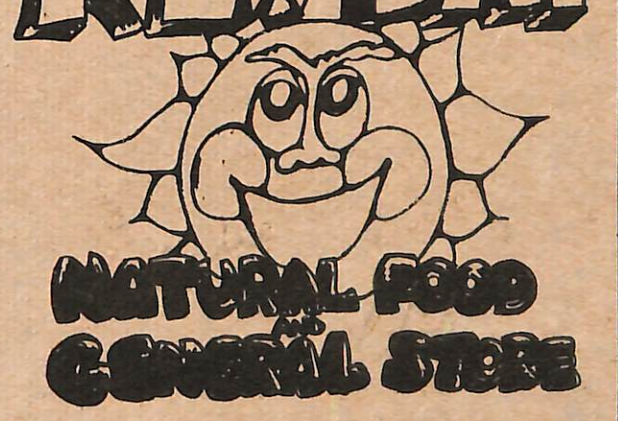
For Your
Fishing Needs
Shop PayLess'

large selection of
Rods, Reels,
Nets,
Tackle Boxes,
Lures, Flies, Line
or whatever else you
might need.

Shop PAYLESS
and SAVE

Pay Less
Drug Store

NEW DAY



NATURAL FOOD
&
GENERAL STORE

Full Line of Natural Fruit Juices

BACK PACKERS: Natural food Backpack Dinners as well as dried fruits and nuts

214 S.E. Jackson--Ph. 672-8633

drive-n-save
MARKET

"The Place to Go When You Want to Save Dough"

2 Locations Serving
Douglas County

GARDEN VALLEY - ROSEBURG
GRANDWAY CENTER - WINSTON

United Geriatrics Get Things Done At UCC

Did you attend UCC's "old-fashioned prom" or were you one of the many who participated in the assertiveness training held at the student center last week? If you enjoyed either, you have a very disorganized organization to thank for conceiving and promoting both activities.

Once proposed as the Council on Educational Development, or COED, the "club's" unorganized members have settled on a more humorous and comfortable title, United Geriatrics or UG for short. The members are all older students who wish to enrich their educational opportunities.

This is one club on campus that is not officially recognized because its members do not have the time for parliamentary procedures. However, when its members decide to act, things begin to happen.

One UG member read an article called "If You're a Mouse, Squeak Up" in the Oregonian describing the assertiveness training a team of Oregon psychologists were presenting. She did not see any reason why UCC should always miss such seminars and, with the help of fellow UG members, she eventually got it organized.

Following the seminar, another UG member announced she just tried her new assertiveness and asked for water glasses to be returned to the cafeteria. They were.

The old-fashioned prom started as a joke during one of UG's lunchroom meets which a few members carried on into a speech class. Al Menard, the student council business manager, overheard their "imaginary" plan for the prom and drafted them into a committee to develop it.

United Geriatrics has been growing in membership throughout the year but the club will lose many of its staunchest supporters in June including its oldest "patriarch" who is one of the students transferring to a university next fall. He would not reveal his age but he coaches his history teacher on World War details.

The organization is even complete with advisors and one is apt to spot familiar faculty members among the jovial group during almost any lunchtime.

What is cooking on UG's lunchtime burners for next year? There seems to be some rumblings about a possible day care center at the college and a class based on the assertiveness seminar but the UG students are now concentrating on finals. There is little doubt, though, that UG members who return next fall will be heard from again.

Attention Former Students!

Student Contact Drive Underway

Attention former Umpqua Community College students! Someone is trying to contact you.

A drive to contact former UCC students and give them an opportunity to become involved, either directly or indirectly, with the college is now under way.

"We're going to contact them," said UCC Director of Activities Jim West. "It's important to keep in contact with former students."

Why is it important to contact former students? According to West, there are two primary reasons for making contact.

First, it is the hope of the college that former students will join the Umpqua Community College Foundation which provides financial aid to current and incoming members of the UCC student body.

Second, former students, upon contact, will be asked to give to the foundation which aids prospective students to obtain an education at the college.

In order to contact them, current exact addresses of the former students will be attained, and, then, contact will be made by mail.

The mail will include a letter explaining the contact, a questionnaire, and a postage paid envelope which may be returned to the college with a contribution to the foundation.

Hope Students Respond

"I hope the students respond to it," stated West, who personally found it "exciting to find out where these people (former students) have gone."

The questionnaire which will be included with the other mail will help the college to determine what former student's feelings are in relation to the college.

"We're sending the questionnaire out to inquire: Are they using the P.E. facility? Would they like to see us sponsore activities? Have they seen the Timbermen play ball? What do they know about it?" said West.

After contacting former students, it is the college's hope that an increased awareness of the community's needs may be ascertained by future contacts.

As a result of the entire former student contact drive, "we hope that they'll feel that they're still apart of the college," said West in summarization.

Civil Service Commission Seeking Applicants For Jobs

If you are interested in helping people or pursuing a nursing career, the Portland Area Office of the U.S. Civil Service Commission is seeking applications for Licensed Practical Nurses and Nursing Assistants for employment at the Roseburg Veterans Administration Hospital. The Veterans Administration anticipates eight (8) LPN and sixteen (16) Nursing Assistant vacancies after July 1.

Nursing Assistants start at GS-2 (2.88 per hour) or GS-3 ($3.25 per hour). Training is done on the job with promotional possibilities. Minimum requirements are: high school education, or six (6) months experience demonstrating the ability or potential to deal successfully with people and to adapt to the work situation.

Licensed Practical Nurses start at GS-3 ($3.25 per hour) or GS-4 ($3.65 per hour). They work under the supervision and direction of professional nurses in providing nursing care, and participate in the planning for total patient care. At the GS-3 level, applicants must have successfully completeed a full-time program of study in vocational or practical nursing approved by a legally designated State approving body. At the GS-4 level, applicants must have had six (6) months of experience under professional nurse supervision in addition to the education and license requirements.

For information on requirements and how to apply, either visit the Federal Job Information Center of the U.S. Civil Service Commission at 319 S.W. Pine, Portland, Oregon, or call on the toll-free WATS line from any location, 800-452-4910.

BETWEEN THE BUNS SANDWICH-SHOP

ITALIAN & VEGETARIAN STYLE SANDWICHES

Featuring San Francisco Sour Dough

Custom Cut Lunch Meats & Cheeses

Sold By Pound or Any Amount

PHONE ORDERS AVAILABLE

214 S.E. Jackson--Ph. 672-8633

Bookstore

Stock Reductions

UCC Imprint Clothing At Cost + 25¢

Greeting Cards 10¢ea.

Pickett Slide Rules $4.00 Below Cost Now $5.00set

Book Covers 5¢ea

Oregon Ungreeting Cards were 45¢ Now 15¢

Can Hats ½ price

Science Kits At Cost + 25¢

Assorted Pens Reduced as Marked

Many Other Items Reduced

UCC BOOKSTORE

"On Campus in the Campus Center"

Science Kits at Cost + 25¢ Pickett Slide Rules $4.00 below Cost Now only $5.00/set.

All UCC Imprint Clothing at Cost + 25¢ Can Hats ½ price Oregon Ungreeting Cards were 45¢ Now 15¢

A Determined Lady

Mary McCoy: Linked To 'Very Bone Of UCC Life'

Armed with a bundle of books, a typewriter and a very large thermos, Mary wends her way from her vintage, green pickup to Snyder Hall. Here is the lady's "headquarters". She plucks off her large sun hat from atop a braided crown and settles her slight frame into one of the work-study offices, or rather nooks, that grace UCC's halls.

"Who is she?" asks a new student of a friend. "You don't know Mary?" comes the astounded answer. "Why Mary has been here for years; she is kind of an institution."

But how many students can say much more about this familiar elderly woman who one is apt to find marching rather than shuffling across campus. Perhaps you have met her in a chemistry class or/have come upon her molding a strawberry jar in the ceramics workshop. She could have tutored you in the learning lab at one time or she might have been your usher at a school concert. Indeed, she has linked herself to the very bone of Umpqua Community life but few of us honestly can say we know her.

Who is she, then? Mary McCoy is a very determined lady at age 61. Her goal is a college degree that will enable her to lead an active career in her late years. (Perhaps this is not too surprising a goal; her father took his PhD at age 45 and her mother got her masters at 52.) Mary is a lady that is not willing to accept defeat. She watched her entire life's savings slip away when illness lead to years of hospitalization. When she recovered her health, she faced having to live on some form of welfare or find work. She hopes to equip herself with a degree that will turn employers eyes from the age box of the job application form to the education space.

Right now, Mary is waiting. If she is awarded a grant to go on to one of Oregon's four year colleges, she will pack up her books and, no doubt, the same determination that has sustained her through the three years she has been at UCC, and move to a new college. And what if she doesn't get a grant? Mary sets her jaw and pulls herself up to her tallest simply saying, "then I'll just have to find a job with the education I now have." (At press time Mary did receive her grant from OCE)

Mary started to UCC when her oldest son, Bill, returned home at 33 to attend college. He had been working in the field of computer science and wanted to go into research. The answer, naturally, would have to be a degree and mother and son returned to a student life together. Bill went on to Oregon State. Perhaps Mary will follow in his footsteps.

Raised in Washington D.C., Mary frequented the great libraries, museums and art galleries that are matched in few other cities. Her parents expected her to go on to college and were delighted to put her through what is now called College of the Sequoias which she wanted to attend with some friends in California. However, Mary's independence was not appreciated by the college authorities, and because of a "hassle over useless required subjects," Mary dropped out after only a semister in a move she now refers to as "nit-witted". She then went home but soon decided she wanted to tour the country. This eventually lead her back to the west.

She worked as a cook in a national park, as a taxi-dancer on the west coast and as a newspaper seller in California. These were the years of the depression but she was too proud to go home to her parents. It was at this time that she met her husband.

They lived in California through the early years of their marriage until World War II broke out. Fearing bomb attacks in Los Angeles where they were living at the time, they moved to Oregon. Shortly thereafter her husband was drafted into the army leaving Mary and their four children alone. Tragedy struck her family when a young son drownd and, through the strain of losing a child and fighting the war, the marriage broke up. The following years of working and raising a family alone were not easy. However, after the three children had grown to adulthood, a most interesting phase of Mary's life began.

Mary McCoy

She became a partner with a friend in a gold mining enterprise that included claims throughout wester Oregon. Though their equipment was small, they worked hard at the mining until her partner's death. "There is still gold there today," says Mary, "and, at its present price, one could probably make a good living with the right equipment."

Today Mary's gold mining is limited to searching for knowledge in books. Her "pay-dirt" will be an associate of arts degree. This, her last term at UCC, is packed with 19 credit hours of transfer courses and work-study assignments in order to accomplish that goal.

Mary is a member of Phi Beta Chi, UCC's honorary society. Not long ago she could have been found with the club clearing brush and rubbish from an unimproved park in Sutherlin as a service project.

Mary has other interests too, among which she lists her church and her lively grandchildren. She loves to read and do needlework though there is little time for such pursuits these days. She has even engaged in metalcraft, woodcarving and carpentry as well as the mining and a little hunting. The handmade camper that tops her pick-up is, in part, her handiwork.

Asked about required physical education courses, she smiles, "I could not keep up with the younger set but I did enjoy the tennis and vollyball; bowling was fun too." Does she carry this energy home? Well, she got her deer again last year.

Mary seriously wishes she had gone back to college when she was younger but she says being at UCC is about the most fun she has had in her life. Sipping a mixture of coffee-flavored cream and sugar, she sits back contentedly. "Yes, I would recommend anyone (despite their age) who wants to come back to college, to do so." She offers her advice to those wishing to return: "You should start slowly with only one or two classes. This will give you the encouragement to build good study skills and self-confidence. Pick a subject first that you are interested in (Mary picked chemistry) so you won't get discouraged before you get into the spirit of learning again."

Asked if she ever had any problems relating to younger students, Mary flashed surprise. "Why should I look at them any differently? They are all just as much adults."

Any complaints at all about her life at UCC? Only one. "If you want to print one word about me, let it be known I think the work-study typewriters are terrible! Any other complaints? "Nope."

Macrame & Things

Largest Selection of macrame supplies beads and findings in the Northwest

Macrame classes
Handmade jewelry

Owner Rose Lind

508 S.E. Jackson Ph. 673-8403

UNDER NEW MANAGEMENT

THE DEL REY CAFE

WITH BILL & RHONDA LASWELL

Lunch Special Daily
Monday thru Friday
$1.60

THE DEL REY CAFE

Winchester
For Great Food

Bikinis

Glass Crow Boutique
672-1588 249 S.E. Jackson

Congratulations Graduates

for all your diamond needs remember

DJ's Revolving Charge

master charge

DITTMAN JACKSON JEWELERS

your BANKAMERICARD welcome